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Tuesday



IN ALL SERIOUSNESS
Will Ferrell has a flair for the dramatic in his latest role **30**

'GET ON BASE'
After a slow start, new Nat Jayson Werth adjusts his outlook **14**

NOW NEWT
Gingrich joins the ranks of Republican presidential hopefuls **3**

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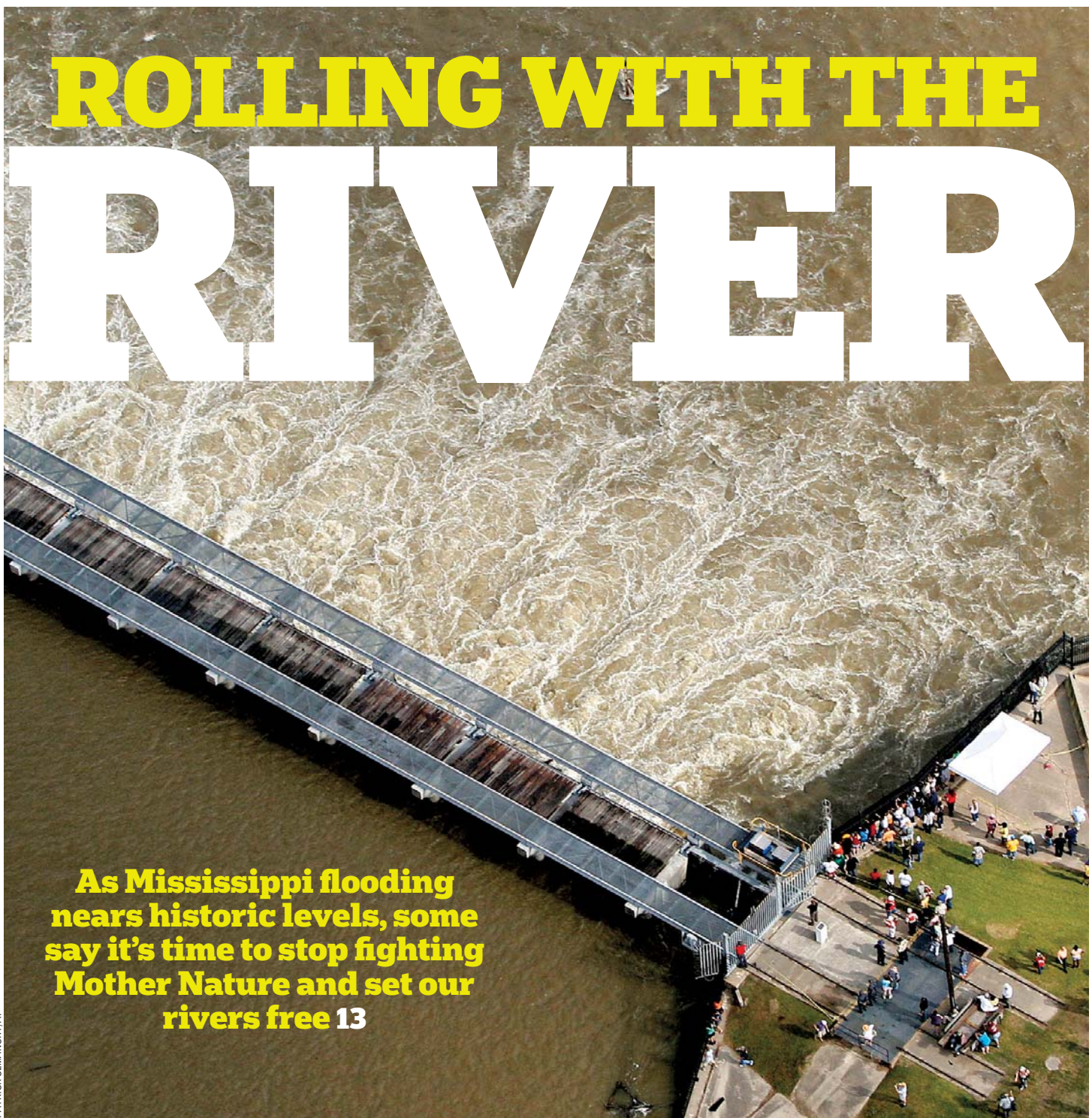
75

pm

53

FOR EXTENDED FORECAST, SEE PAGE 29

MAY 10, 2011 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY



ROLLING WITH THE RIVER

As Mississippi flooding nears historic levels, some say it's time to stop fighting Mother Nature and set our rivers free **13**

PATRICK SEWANSKY/AP

eo

eye openers

BETTER THINGS TO RIDE CROSS-COUNTRY

Segway, Penny-Farthing Bicycle, Motorized Recliner

A Fremont, Mich., man is getting ready for a 9,300-mile tractor ride through 48 states to raise money for charity. Dave “Tractor Dave” Wolfsen, 66, says he plans to begin June 1 and will travel on a bright red 1937 tractor with a 25 mph top speed. He hopes to go about 120 miles a day. “It’s a disease, old tractors,” Wolfsen said. “All you can do is add to it if you’ve got it.” (AP)



“The defendant was informed that it was not yo’ cheese.”

— DAN PIWOWARCZYK, ASSISTANT COOK COUNTY STATE’S ATTORNEY. HE WAS PROSECUTING A MAN WHO ATE NACHO CHEESE AT A CHICAGO 7-ELEVEN WITHOUT PAYING FOR IT.

MARRIAGE

This Is What Happens When You Forget Your Anniversary

Authorities say a Meeker, Okla., man hid a camera in a backyard grill to catch whoever was setting fires on his property— and captured images of his wife starting a blaze. Sharlet Renea Flick has been charged with third-degree arson and endangering human life for a fire she set in April. Authorities say as many as 11 fires on the property could be traced back to Flick. (AP)

The Big Picture



DON'T LOOK AT ME LIKE THAT! A model shows off his body painting by New Zealand artist Men Bourk and Chinese painter Ren Zhongni during a body-painting festival in southwest China's Chongqing municipality on Sunday. The artists combined various icon images of Auckland and Chongqing into their works. (GETTY)

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PRIORITY CODE: EXP

Gingrich Joins Presidential Race

Ex-House speaker's personal baggage may impede '12 run

Atlanta

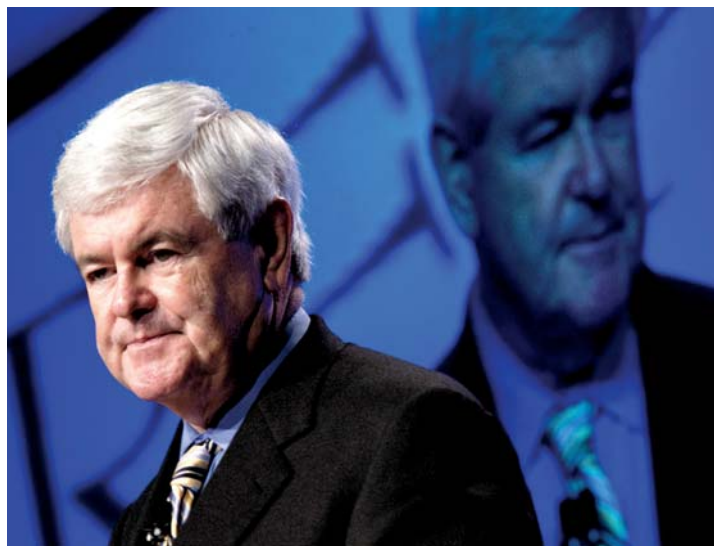
Newt Gingrich, the House speaker who led a national GOP resurgence in the 1990s before facing ethics questions and resigning, is running for president.

Gingrich's announcement, made on social networking websites Monday, came after months of public flirting with a bid. He enters a slow-to-form GOP presidential field that has left some Republicans craving more options as they search for a nominee strong enough to credibly challenge President Obama.

61

The number of Republican or GOP-leaning voters who said they had a favorable opinion of Newt Gingrich.

The former Georgia congressman, well-known to most Republicans, brings to the race a years-in-the-making political machine with ties to early nominating states



BRENDAN SMIALOWSKI/GETTY IMAGES

Newt Gingrich will make his first speech as a presidential candidate Friday in Georgia.

as well as a network of supporters and donors. But his personal baggage — he's acknowledged marital infidelity and has had two divorces — could hinder his chances of winning the party's presidential nomination more than a decade after leaving the House.

Still, he spoke confidently of wide support. "I have been humbled by all the encouragement you have given me to run," Gingrich said in

a Facebook posting that urged supporters to watch Fox News Channel on Wednesday. "I will be on to talk about my run for president of the United States."

Gingrich is among the field's best-known candidates; only 14 percent of Republican or GOP-leaning voters said they didn't know him in an Associated Press-GfK poll in March. Among Republicans and those who lean toward

In the Works

Newt Gingrich, 67, has spent months raising money, assembling a campaign team and visiting early primary-season states. He already has opened a headquarters in a suburb of Atlanta, and he will make his first speech as a candidate on Friday to the Georgia Republican Party Convention. He is trying to position himself in the race as a policy heavyweight who used his time in Congress to overhaul welfare, balance the federal budget and cut taxes. (AP)

that party, 61 percent had a favorable opinion of him.

So far, several Republicans have formed campaign exploratory committees, including former Govs. Mitt Romney of Massachusetts, Tim Pawlenty of Minnesota and former Sen. Rick Santorum of Pennsylvania. And several others, including Indiana Gov. Mitch Daniels, are considering running.

"The more, the better," Daniels said Monday. He added that the former speaker's announcement would not affect his own decision. (AP)

In Brief

BOSTON

Face Transplant Patient Makes First Appearance



Wiens

The nation's first full face transplant recipient said the first thing his young daughter told him when she saw him after the operation was "Daddy, you're so handsome."

Dallas Wiens joined surgeons Monday at Brigham and Women's Hospital in Boston in his first public appearance since the 15-hour procedure in March. (AP)

COLUMBIA, S.C.

Police: Teen Killed Mom On Mother's Day in S.C.

A high school sophomore in South Carolina shot his mother to death and critically injured his brother after a family argument on Mother's Day, police said Monday. Joshua David McEachern, 17, was ordered held without bond on a murder charge after a brief court appearance. (AP)

\$2B

The amount the Transportation Department took from a canceled rail plan in Florida and divvied up among 15 states. (AP)



Facebook's Influence Grows: Facebook is influencing what news gets read as people use the Web's most popular hangout to share and recommend content. Facebook was responsible for 3 percent of traffic to the 21 news sites that allowed data to be tracked, according to a study released Monday by the Pew Research Center's Project for Excellence in Journalism. Five of the sites studied got 6 percent to 8 percent of their readers from Facebook. (AP)

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Nation

Next Step for Ariz. Law

Gov. Brewer to take immigration ruling to Supreme Court

Phoenix

Arizona Gov. Jan Brewer announced Monday she will ask the U.S. Supreme Court to overturn a ruling that put the most controver-



Brewer

sial parts of the state's immigration enforcement law on hold.

The planned appeal to the high court comes after Brewer lost an initial appeal April 11, when a three-judge panel of the 9th Circuit Court of Appeals refused to reverse a lower court's order that prevented key parts of the law from being enforced.

Backstory

Less than a day before the Arizona law was to take effect in July, U.S. District Court Judge Susan Bolton blocked key provisions from being enforced, including requirements that immigrants get and carry immigration registration papers and that police—in enforcing other laws—question the immigration status of those they suspect are in the country illegally. But Bolton let other parts take effect, such as a ban on obstructing traffic while seeking or offering day-labor services on streets. (AP)

Attorney General Tom Horne said going directly to the Supreme Court and skipping a possible second appeal to the 9th Circuit will save time in resolving the case, while Brewer said she is confident

"Arizona will prevail in its fight to protect its citizens."

The state must file the appeal by a July 11 deadline, the two Republican elected officials said.

"It seems like this is a big enough national issue that it will ultimately be determined by the United States Supreme Court," Horne said.

In its April ruling, the 9th Circuit panel said federal officials are likely to prove the law is unconstitutional and succeed in their argument that Congress has given the federal government sole authority to enforce immigration laws.

Brewer's lawyers argued the federal government hasn't effectively enforced immigration law at the border and in Arizona's interior and that the state's intent in passing the law was to assist federal authorities, as Congress has encouraged. PAUL DAVENPORT (AP)



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Elderly Overdo Colon Screenings

Chicago

Many older Americans get repeat colon cancer tests they don't need and Medicare is paying for it, suggests a study that spotlights unnecessary risks to the elderly and a waste of money.

Almost half of the Medicare patients in the study had had a colonoscopy less than seven years after getting normal results from an earlier test. The test is recommended just every 10 years, starting at age 50, for people at average risk whose initial test is normal.

The study showed that among those 80 and older, one-third had a repeat exam within seven years of the previous colonoscopy. That's

Weighing the Risks

The U.S. Preventive Services Task Force recommends against routine colon cancer screening for most people 76 to 85—and says for those older than 85, screening risks outweigh the benefits. The older you are, the more likely you are to die from other causes before cancer becomes deadly, which means the screening procedure's risks may outweigh its benefits in many aged patients, the study authors said. (AP)

an age group that can skip the test altogether if no problems have been spotted before.

"I was surprised by the magni-

tude of the issue," said lead author Dr. James Goodwin, a geriatrician and researcher at University of Texas Medical Branch in Galveston.

In the study, researchers chose a random national sample of Medicare claims and enrollment data from more than 200,000 patients over 65 who received colonoscopies between 2001 and 2008.

The results suggest most of the repeat exams were unnecessary; only 27 percent of all study patients with frequent exams had symptoms that might have raised suspicion of cancer, including abdominal pain, change in bowel habits and weight loss. The study appears in Monday's Archives of Internal Medicine. LINDSEY TANNER (AP)

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FRIDAY MAY 20, 2011

In Brief

MILAN
U.N.: Ship Fleeing Libya
With 600 Aboard Sinks

An overcrowded ship carrying up to 600 people trying to flee Libya sank just outside the port of Tripoli, the U.N. refugee agency said Monday, citing witness accounts. Aid officials were still trying to confirm the fate of those people after the vessel broke apart Friday in the Mediterranean Sea, officials said. (AP)

ABIDJAN, IVORY COAST
Ivory Coast Resumes
Shipments of Cacao

Port officials said Monday they loaded Ivory Coast's first shipment of cocoa beans in several months as the world's

largest cocoa producer resumed exports now that democratically elected President Alassane Ouattara is in office. Cocoa exports halted in January, causing cocoa prices to skyrocket, as Ouattara called for an export ban to push Laurent Gbagbo to cede power. (AP)

TOKYO
Nuclear Plant in Japan
To Halt for Disaster Prep

A Japanese utility agreed Monday to shutter three reactors at a nuclear plant while it builds a seawall and improves tsunami defenses. Officials requested Chubu Electric Power Co. temporarily shut down the Hamaoka plant amid earthquake concerns. (AP)

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Gilani Defends Pakistan

PM: All intel services share in the missteps in bin Laden search

Islamabad

Pakistan's prime minister defended his nation's military and intelligence services on Monday and said Pakistan was not solely to blame for the failure to detect Osama bin Laden's presence in a garrison town close to the capital.

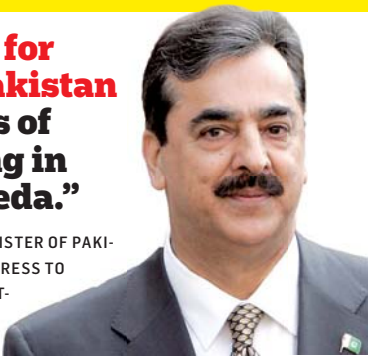
Prime Minister Yousuf Raza Gilani, in his first address to parliament since the covert U.S. raid that killed the al-Qaeda chief a week ago, lashed out at allegations Pakistan knew where bin Laden was hiding, though he offered no details on what the country did know about his location.

"Elimination of Osama bin Laden, who launched waves after waves of terrorists attacks against innocent Pakistanis, is indeed justice done," Gilani said. He also warned the U.S. that any unilateral raids in the future would be met with "full force."

Gilani acknowledged his

"It is disingenuous for anyone to blame Pakistan or state institutions of Pakistan ... for being in cahoots with al-Qaeda."

— YOUSUF RAZA GILANI, THE PRIME MINISTER OF PAKISTAN, SPEAKING MONDAY IN HIS FIRST ADDRESS TO PARLIAMENT SINCE THE U.S. RAID IN ABBOTTABAD, PAKISTAN, THAT KILLED OSAMA BIN LADEN A WEEK AGO.



Meanwhile

New signs emerged Monday of Pakistan's anger over the U.S. raid that killed Osama bin Laden. Pakistani media have reported what they said was the name of the CIA station chief in Islamabad in a possible leak seeking to damage covert U.S. activity in the country. A U.S. official said that there are no plans to remove the station chief. (AP)

nation's failure to track bin Laden, adding that the failure wasn't Pakistan's alone, but "of all the intelligence agencies of the world."

U.S. officials have said they

see no evidence that anyone in the upper echelons of Pakistan's military and intelligence establishment was complicit in hiding bin Laden. But they still have serious questions about how the al-Qaeda chief was able to hole up for up to six years in Abbottabad.

Pakistan is a key but sometimes unpredictable partner with Washington in combatting Islamic militants and has been an ally in the war against Taliban insurgents in both Pakistan and Afghanistan. In return, the U.S. provides the country with billions of dollars in aid.

Gilani on Monday said that relationship remained robust. (AP)

Recalling Victory in World War II, Russians Celebrate



WORLD WAR II VETERANS RIDE in a parade Monday in St. Petersburg, Russia, amid festivities for Victory Day, the anniversary of Nazi Germany's defeat in the war. Nearly 20,000 Russian troops marched in Moscow's Red Square to mark the 66th anniversary of the war's end, and thousands across Europe gathered in celebrations. (AP/THE WASHINGTON POST)

Hearsay



"I look out the window, and it's like our houses are in the middle of the ocean."

— YOSHIKO TAKAHASHI, A RESIDENT OF ISHINOMAKI, A COASTAL CITY IN JAPAN THAT DROPPED UP TO FOUR FEET IN ELEVATION AFTER THE MARCH 11 EARTHQUAKE. TWICE A DAY, THE TIDE FLOODS THE STREETS. SCIENTISTS SAY THE NEW CONDITIONS ARE PERMANENT.

Raids in Syria Cue New Sanctions

Beirut

Syrian security forces arrested hundreds of activists and anti-government protesters in house-to-house raids across the country Monday, part of an escalating government crackdown aimed at stamping out a revolt engulfing the country.

The government's punishing response triggered new international sanctions Monday, as the European Union imposed an arms embargo.

The measure, which followed U.S. sanctions, also prohibits 13 Syrian government officials from traveling anywhere in the 27-nation EU and freezes their assets.

President Bashar Assad has dis-

10K

The estimated number of protesters arrested since the uprising in Syria began in March, rights activists say. Human rights groups estimate that more than 700 people have been killed so far, most of them shot during protests. (THE WASHINGTON POST)

patched army troops and tanks to crush the seven-week uprising that has posed the most serious challenge to his family's 40-year rule.

By early afternoon, scores of women were demonstrating in Baniyas, demanding the release of hundreds of detained men who were

being held at the city's soccer stadium, said Rami Abdul-Rahman, director of the Syrian Observatory for Human Rights.

In an indication that the regime shows no sign of folding, Assad was quoted in comments published Monday in the private daily Al-Watan, which is close to the government, that "the current crisis in Syria will be overcome and that the process of administrative, political and media reforms are continuing."

Monday's raids come a day after the army, backed by tanks, moved into different areas in the country, including the central city of Homs, Syria's largest, and three villages near Daraa. BASSEM MROUE (AP)

ECONOMY

Date Line Deviation

When it's dawn Sunday in Samoa, it's almost Monday in Australia and China. But Samoa now plans to leap 24 hours into the future, adding a new kink in the Pacific's international date line so it can be on the same day as its Asia-Pacific neighbors and trade partners. The date for the switch hasn't been set, and the change comes at a cost: The Polynesian nation has long marketed itself as the last place on Earth to see each day's sunset. (AP)



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We are tuning in to you to help us make important decisions about Metro's future.

For the first time ever, Metro will host combined Open Houses and Town Hall Meetings prior to its official Public Hearings. Metro staff members will be available at Open Houses for one-on-one conversations about Metro service and programs. Town Hall Meetings will give you an opportunity to talk about the future of the system with Metro leaders, including members of the Metro Board of Directors. During the Public Hearings, Metro will take formal testimony on the following options under consideration for the FY12 budget:

- Increasing the Metrorail train wait times on weekends
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- Eliminating the 50¢ discount on certain Anacostia bus routes, resulting in MetroAccess fare increase, and modification of the Anacostia station bus transfer discount program

The Open Houses will be from 5:30-6:00 p.m. followed by the Town Hall Meetings/Q&A from 6:00-6:45 p.m. The Public Hearings will start at 6:45 p.m. Please join us at one of the following:

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TUESDAY, MAY 17

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Alexandria, VA

Metrorail stop: ● Braddock Road

District of Columbia - NW

St. Mary's Armenian Apostolic Church
4125 Fessenden St, NW
Washington, DC

Metrorail stop: ● Friendship Heights

WEDNESDAY, MAY 18

Maryland - Montgomery County

First Baptist Church of Wheaton
10914 Georgia Ave
Wheaton, MD

Metrorail stop: ● Wheaton

Virginia - Arlington

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2100 Clarendon Blvd, 3rd Floor
Arlington, VA

Metrorail stop: ● Court House

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Major Overtime for Metro Workers

Transit system says staffing shortfalls led to large extra payouts

Washington

Some Metro employees are logging so much overtime that they are essentially working a second full-time job.

The Washington Examiner reported that a Metro construction inspector logged more than 550 hours of overtime during the first two months of the year. That's the equivalent of working 16 hours every day. The inspector earned more than \$32,000 in extra pay.



GERALD MARTINEAU/TWP

At least 10 Metro staff logged 40 or more overtime hours in January and February.

\$32K

The amount that one Metro construction inspector made in extra pay in the first two months of 2011 from 550 overtime hours.

At least nine other workers also logged 40 or more overtime hours per week in January and February. Most of them earned more than \$16,000 in extra pay.

Metro spokeswoman Lisa Farbstein says the transit system is in the middle of a major capital improvement program and that staffing shortfalls lead to long days and extra cash for some workers. (AP)

METRO PULSE



What about D.C. is attractive to young people?

"Obama. I think that when he was elected, it inspired young people to move here. It's definitely younger and hipper than it was. And people dress better than they used to."

Emily Webberman

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Local

CFSA Head Steps Down

Director leaves after D.C. agency's mixed court-ordered review

Washington

Roque R. Gerald resigned Monday as director of the District's Child and Family Services Agency, less than a week after a court-appointed monitor delivered a mixed review of the troubled agency's progress.

Gerald submitted his resignation, effective at month's end, said CFSA spokeswoman Mindy Good.

Former Mayor Adrian M. Fenty appointed Gerald to lead the agency in July 2008, about six months after the discovery of Banita Jacks' four dead daughters in a Southeast home threw CFSA into crisis.

D.C. Council member Tommy Wells, D-Ward 6, who oversaw the agency as chairman of the human services committee from 2007 until January, credited Gerald with closing a massive backlog of cases that built up after the Jacks revelations. "He managed resources to urgency in a way that his predecessors did not," Wells said.

Wells' successor as human services chairman, Jim Graham (D-Ward 1), called Gerald's departure "a loss" for the agency. "I rather wish he would have stayed," he said.

But establishing lasting reform at the agency has been difficult. The agency has been the subject of a federal class-action lawsuit for two decades, and while the city agreed to an exit plan in December, the court monitor's report released last Monday indicated that much work is still to be done.

MIKE DEBONIS (THE WASHINGTON POST)

Fallen Officers Honored in D.C.



LAW ENFORCEMENT OFFICERS stand at attention as the colors are retired during the 32nd Washington Area Law Enforcement Memorial Service in Washington Monday. The annual event honors officers killed in the line of duty.

Va. Tech Will Award Degree To Slain Student

Blacksburg, Va.

Virginia Tech is going to award a posthumous degree to slain student Morgan Harrington.











Virginia Tech's Department of Religion and Culture will award the degree to Harrington's parents during spring commencement ceremonies.

Harrington disappeared in October 2009 after leaving a concert at the University of Virginia in Charlottesville. The 20-year-old Roanoke woman's remains were found in January 2010 in a hayfield in Albemarle County. (AP)

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Farmers Market Proposed at Metro Station

Temple Hills, Md.

Nectarines at the Naylor Road Metro station? If a group of volunteers has its way, the juicy fruit, as well as heads of lettuce, cartons of eggs and other produce will be available near the platform.

Bringing a farmers market to the Metro station is part of a larger effort to bring vibrancy back to the struggling Beltway community of Temple Hills in Prince George's County, infuse pride in the area and attract new businesses and shoppers along the St. Barnabas Road commercial corridor.

"It will be a great way to revitalize the area — at least to start the revitalization process," Coun-



Volunteers want to put a farmers market at Naylor Road Metro station's parking lot.

ty Council member Karen Toles, D-Suitland, said of the proposed farmers market.

Proponents want to hold the

market in the Metro station's parking lot from 7 a.m. to 1 p.m. on Saturdays and Sundays.

They made the request to the

Washington Metropolitan Area Transit Authority last month but were rebuffed.

Angela Gates, a Metro spokeswoman, said it is against WMATA rules to allow the sale of food and drink on its property.

Toles and others behind the effort say they don't understand Metro's reasoning.

"It's a farmers market. We're talking eggs and tomatoes. What are people going to do? Make an omelet [on the train]?" said Glena Cush, director of training and marketing for the Maryland Small Business Development Center Network at the University of Maryland. The network is sponsoring the project. (THE WASHINGTON POST)

The Lotteries

Monday, May 9

District

Mid-day Lucky Numbers	6-2-5
Evening Lucky Numbers (Sun.)	7-0-8
Mid-day DC 4	7-9-6-8
Evening DC 4 (Sun.)	0-2-9-1
Mid-day D.C. Five	4-0-5-3-4
Evening D.C. Five (Sun.)	9-8-2-7-4

Maryland

Mid-day Pick 3	7-7-6
Evening Pick 3 (Sun.)	2-2-8
Mid-day Pick 4	6-4-6-8
Evening Pick 4 (Sun.)	8-9-6-7
Match 5 (Sun.)	2-4-18-19-36 (20)

Virginia

Mid-day Pick 3	2-1-2
Evening Pick 3 (Sun.)	5-4-1
Mid-day Pick 4	3-1-6-1
Evening Pick 4 (Sun.)	3-9-4-0
Mid-day Cash 5 (Sun.)	10-11-12-21-34
Evening Cash 5 (Sun.)	17-18-20-21-26

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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OsteoArthritis Sufferers Experience Dramatic Long-Term Pain Relief In Clinical Study

Pain Relief Without a Prescription

A clinical study published in the *Journal of Rheumatology* evaluated the pain relieving effectiveness of *JointFlex*® Pain Relieving Cream versus a placebo. *JointFlex* is a non-prescription pain relieving cream that is available in retail stores everywhere. The eight-week clinical trial involved 63 patients who had suffered from chronic osteoarthritis knee pain for an average of 10 years!

Fast Acting, Effective Pain Relief

The study clearly showed that the users of *JointFlex* experienced substantial pain relief shortly after application. The study confirmed what thousands of satisfied *JointFlex* customers around the world already know... *JointFlex* helps you achieve a better quality of life because of its powerful and fast-acting pain relieving action. But there's more!

LONG-TERM IMPROVING Pain Relief

The users of *JointFlex* also experienced a totally unexpected and dramatic result. With continued use, **a majority obtained long-term pain relief that continued to improve throughout the entire eight-week study.** But that's not all!

Effective Pain Relief!

Even more amazing, one-third of the *JointFlex* users had their pain **gradually decrease to the point where it was completely or nearly completely eliminated!** By using *JointFlex* daily as directed, you too may be able to substantially reduce or even eliminate that arthritis pain that's been nagging you for years.

The gradual and continual improvement in long-term pain relief observed in the *JointFlex* clinical study was found to be consistent with previous studies conducted with orally administered Glucosamine and Chondroitin Sulfate.¹ As with any medication individual results may vary. Highlights of the study are available by calling the toll free number or they can be viewed online at www.jointflex.com.

How Does *JointFlex* Work?

JointFlex formulation contains the active ingredient camphor plus Glucosamine and Chondroitin Sulfate for skin conditioning. Only *JointFlex* offers the proprietary FUSOME® skin delivery system - this technology is believed to be a key factor in the amazing clinical results. This skin delivery system, available only from *JointFlex*, has been designed to deliver all beneficial ingredients quickly and safely to the skin. The *JointFlex* formula provides deep penetration and powerful relief when applied to areas where it hurts.²



Why Continue To Take Pills?

If you are concerned about the negative side effects of the pills you are taking or tired of the stomach discomfort that often goes along with them, it may be time to switch to *JointFlex*. Just rub *JointFlex* onto your painful areas. It's that easy. Soon after applying *JointFlex*, you won't even know you have it on other than the soothing pain relief you will be experiencing. With *JointFlex*, there are NO pills to swallow and NO negative systemic side effects to worry about like those associated with NSAIDs or oral prescription pain relievers.

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DANNY JOHNSTON/AP

48'

The predicted level of where the Mississippi would start to level out. Forecasters said the river may crest as soon as Monday night just shy of the 48.7-foot mark set in 1937. Forecasters had earlier predicted the crest would come as late as Wednesday. (AP)

In Memphis

Emergency officials

warned the Mississippi River was still dangerous and unpredictable, but they were confident the levees would hold and there were no plans for more evacuations. Sandbags were put up in front of the 32-story tall Pyramid Arena, but the former home of college and professional basketball teams was believed to be safe. Also out of the way were Stax Records, which launched the careers of Otis Redding and the Staple Singers, and Sun Studio, which helped make Elvis the king of rock 'n' roll. While some evacuated, others at famed Beale Street gawked and snapped photos as water pooled at the end of the road. (AP)

Heads Above Water

Mississippi's rise serves notice that U.S. flood strategy may be outmoded

Washington

The battle to tame the swollen Mississippi River intensified Monday as the river crept higher in Memphis, Tenn., and the Army Corps of Engineers opened a spillway in Louisiana to relieve stress on the levees protecting New Orleans.

And last week, the Corps pulled a trick it had not been forced to use in nearly 75 years: It blew open a two-mile run of a Missouri levee, sacrificing about 130,000 acres of farmland and 100 homes to save the town of Cairo, Ill.

The dramatic trade-off "reactivated the flood plain," in engineer-speak. It also highlighted limitations in the long-term strategy of hemming in rivers with levees and dams, then pushing farms and towns up against the river walls.

"For decades we've treated levees as the only line of defense" against floods, said Andrew Fahlund, senior vice president of American Rivers, which advocates for healthy waterways. "They ought to be the last line of defense."



Meanwhile ...

In Louisiana, the Army Corps of Engineers, working with Gov. Bobby Jindal, left, partially opened a spillway that diverts the Mississippi into a lake to ease pressure on the levee system in greater New Orleans. At the home of the state's death row in Angola, state officials started moving prisoners with medical problems as backwaters began to rise. Eight buses and several vans escorted by police moved less than 200 inmates, though more could be taken out later. (AP)

NATURAL DEFENSES

In a move that echoes the approach taken by the Netherlands, which has long wrestled with such problems, a nascent movement made up of activists and city leaders victimized by flooding is pushing for "natural river defenses." They want to set the rivers free, if just a little.

Cities and counties, including Pierce County, Wash., and Cedar Rapids, Iowa, are buying up homes and farms and relocating residents to restore flood plains and wetlands. They're moving levees back from the water's edge. And they're ditching steep concrete channels in favor of

gently sloped green spaces.

Oft-flooded Napa, Calif., calls its \$400 million project the "living river." The project, now about two-thirds complete, according to Mayor Jill Techel, dug the city's Veterans Memorial Park into a bowl for holding floodwaters. The wine-tasting destination's downtown now features a tiered trail that doubles as a spillway.

'DROGE VOETEN'

For centuries, the Dutch waged a stunningly successful war against water, building levees and using windmills to pump the lowlands

dry and give their citizens "droge voeten," or dry feet. But the aggressive tactics came at a cost, said Dale Morris, senior economist at the Royal Netherlands Embassy. The country has been gradually sinking inside its giant defenses and is crossed by increasingly tempestuous rivers rampaging seaward behind ever-bigger dikes.

Hence a 21st-century government vision for sustainable water management called "ruimte voor de rivier" or "room for the river." It involves about 35 projects — including relocating dikes, deepening riverbeds and even permanently turning farmland back into flood plain — at a cost of more than \$3 billion. The effort is expected to be complete by 2015.

The scale is different along the mighty Mississippi, but similar "economic and human capital is at risk," Morris said. Most of all, Morris said, the Dutch strategy represents a psychological shift. It amounts to an acknowledgment that if you want to keep your head above water, you have to be prepared to get your feet wet. (THE WASHINGTON POST)

"I want to say this: Graceland is safe. And we would charge hell with a water pistol to keep it that way and I'd be willing to lead the charge."

— BOB NATIONS JR., DIRECTOR OF THE SHELBY COUNTY EMERGENCY MANAGEMENT AGENCY. MEMPHIS' LANDMARKS REMAINED DRY AS THE MISSISSIPPI RIVER CLOSED IN.

Back to The Basics

After his rough first month with the Nats, Werth takes a simple approach at the plate

The Nationals

Sometime last week, Jayson Werth received a text message from his agent, Scott Boras, that unlocked something for him. It was a simple message, because baseball, once you strip away the television cameras and empty clichés and white noise, is a simple game.

The message read: “The key is get on base and use your speed.”

“It was kind of an enlightening moment,” Werth said Saturday afternoon. “It was like, ‘Oh yeah. We’re still playing baseball here.’ Get on base, use your speed. That’s my game. That’s what makes me. That philosophy, it’s very simple, but it’s right.”

.227

Jayson Werth's batting average this season. His struggles extend further, with a .324 on-base percentage, a .387 slugging percentage and only four home runs. (TWP)

Pressure Points

Since he joined the Nationals, Werth has often found himself surrounded by a horde of reporters wielding cameras and notebooks. Each time, he has been asked about the “pressure” he faces in Washington, which seems a vague, hard-to-define notion. “What is that?” Werth said. “What is that, exactly?”

At some point during his first regular-season month with the Nationals — the first 1/42 of the seven-year, \$126 million contract he signed in December — Werth realized he had been affected on some level by his new circumstances, both in the adjustment that comes with playing



Look Familiar?

Jayson Werth noticed what had happened to Carl Crawford, above, who signed a seven-year, \$142 million contract to play for the Boston Red Sox. He went 15 for 97 in April and the Red Sox moved him to eighth in their lineup. In Crawford, Werth saw himself. “I think I may have got caught up in trying to do too much,” Werth said. “You look around, I see Carl kind of going through the same thing. Outside looking in at him, it’s pretty easy to see: new situation, he’s just pressing, trying to do too much.” (TWP)

for a new team and with a new, more focal position in a franchise.

Werth, unquestionably, has started slow. He realizes now that he altered his approach as a hitter, pressing to carry the Nationals rather than emphasizing what made him one of the National League’s 10 most valuable players the past two seasons. Boras’ message crystallized that. Days later, Werth drew three walks and scored the game-winning run against the Florida Marlins.

Transition Game

For Werth, the transition to a new team has presented practical challenges. The Nationals’ video staff can show Werth any past at-



H. RUMPH JR./AP

“All of those questions about ‘Any added pressure,’ what’s that? ... Does it exist? On some level. Is it this huge undertaking, responsibility? No.”

— JAYSON WERTH, ON BECOMING THE FOCUS OF THE NATIONALS THIS SEASON.

bat from the center field camera, the one you watch on TV, but not from four different side angles, like Werth could watch with the Phillies. Also, Werth, said, he and hitting coach Rick Eckstein took time to learn one another.

These are not complaints, simply matters of fact. Werth loves living in Washington and has fit easily into the Nationals clubhouse. His hustle and base running aggression serves as an example. He is an

active teammate, discussing certain situations with younger teammates, which he called part of his “responsibility.”

But at the plate, Werth is searching. The important part, for him, is that he’s keeping things simple. “I’m just back to just playing baseball,” Werth said. “At the end of the year, the numbers are going to be there. At some point, you got to get locked in and start raking. I think it’s close.”

ADAM KILGORE (THE WASHINGTON POST)

Swengali

Terps Job Comes With Challenges

Maybe Gary Williams should stick around another year.

No one seems to want his old job — at least anyone that would excite the University of Maryland’s fan base.

Terrapins Athletic Director Kevin Anderson began “phase two” of his



By Matt Swenson

search for a men’s basketball coach on Monday, after a weekend of striking out on Pitt’s Jamie Dixon, Arizona’s Sean Miller, Notre Dame’s Mike Brey and the like.

Cheer up, though. Just because Anderson may be a bad speed dater doesn’t mean he won’t find the right man for the job. His criteria seems to be someone as similar to Williams as he can find.

Just because Anderson is a bad speed dater doesn’t mean he won’t find the right man for the job.

It’s not a bad plan. Consider it took someone with Williams’ fight and grit to push the Terps atop the national basketball scene, albeit briefly.

The problem anyone who replaces Williams faces is that Maryland is not quite the plum job that it’s been made out to be. Despite a wealth of young recruiting talent, the Terps will always start behind Duke and North Carolina. Plus, you’re competing with Georgetown — a program on about the same level as Maryland — for area stars.

Success is possible; it’s just not as guaranteed as some jobs.

The difficulties, and the awkward timing of Williams’ retirement, are why the search apparently stalled. Someone will eventually get the job. But it will take a lot to lift the Terps to the heights Williams once did.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Sports

Lonergan Is Home at GW

Coach with many ties to area will try to revive Colonials

GW Men's Hoops

Times are changing in the college hoops scene around the nation's capital. Gary Williams is done at Maryland. Jim Larranaga has moved on from George Mason.

Mike Lonergan figures that should work to his advantage as he moves back to his old stomping grounds as the new coach at George Washington.

"It's interesting what's going on with coach Williams retiring — I was surprised by it. Coach Larranaga, I didn't think he would make a move," Lonergan said Monday at his introductory news conference. "I do think this is a good time to try to sneak back up there."

Lonergan's mission is to make the Colonials relevant again after years of bad-to-mediocre basketball played in front of sparse crowds at the Smith Center. He replaces Karl Hobbs, who was fired last month after 10 seasons.

Lonergan knows the local basketball scene inside and out — he grew up in the Maryland suburbs, went to high school and college in



Left-knee surgery left Mike Lonergan on crutches for Monday's introduction at GW.

His 'Dream Job'

Mike Lonergan, who signed a five-year contract, referred to George Washington as his "dream job." He spoke of taking the subway from Catholic to watch games at the Smith Center, where he'd see childhood hero Red Auerbach sitting in the stands. "I probably looked at him more than the games itself. ... I shouldn't say this, but sometimes he'd be nodding off," Lonergan said. (AP)

the District, then led alma mater Catholic to the Division III title 10 years ago. There was also the

season he served as an assistant on Williams' bench with the Terapins before taking the head job at Vermont in 2005.

Therefore, the 45-year-old coach who hobbled to the podium Monday on crutches — he had left-knee surgery last month for a torn meniscus — should have a leg up on the competition when it comes to recruiting at the Atlantic 10 school.

"We're going to try to get the word out there that we want to compete with all those schools in the recruiting battles," Lonergan said. "I definitely know what I've gotten into. It can be done here." (AP)

In Brief

CYCLING

Cyclist Killed in Accident During Italian Event

Belgian cyclist Wouter Weylandt died on Monday after a high-speed downhill crash at the Giro d'Italia, the first death in a major cycling race in 16 years. The 26-year-old rider, who won the third stage of the event last year, fell during a descent more than 12 miles from the finish in northern Italy. He lay motionless and bleeding heavily on the roadside before paramedics removed his helmet and tried to resuscitate him. (AP)

WOMEN'S SOCCER

U.S. Names Cup Roster

With Hope Solo and Heather Mitts healthy, the roster U.S. women's coach Pia Sundhage released Monday for the upcoming World Cup contained few surprises. The Americans will go after their first world title since 1999. (AP)

TENNIS

Roddick Loses in Rome

Andy Roddick's clay-court troubles grew with a 6-3, 6-3 loss to Gilles Simon in the Italian Open's first round Monday. (AP)

TV Lineup

NATIONALS (7:10 P.M., MASN) The Nats' struggling offense heads to Atlanta to start a three-game series against the Braves.

NBA PLAYOFFS (8 P.M., TNT) The Chicago Bulls have home-court advantage as their deadlocked series against the Atlanta Hawks resumes.

NHL PLAYOFFS (8 P.M., VERSUS) The San Jose Sharks try for the third time to finish off the Detroit Red Wings in the conference semifinals.

HOCKEY (2 P.M., VERSUS) Sweden plays Canada in the World Hockey championships in Slovakia.



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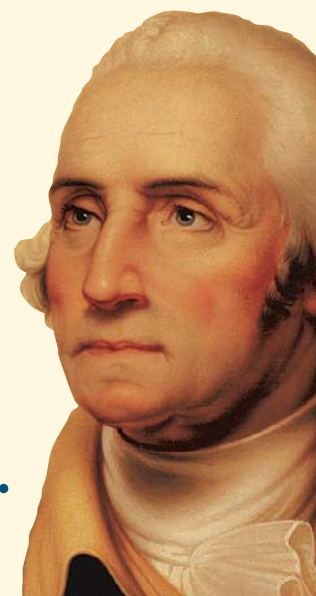
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Sports

Files: Steinbrenner Aided FBI

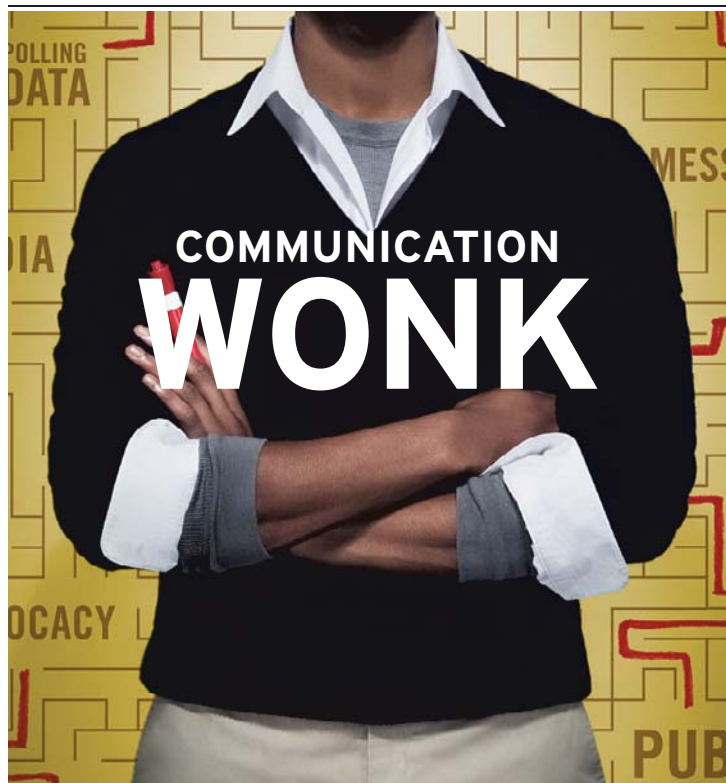
Pro Baseball

The FBI released documents Monday stating that New York Yankees owner George Steinbrenner assisted the agency in two investigations — one of them apparently a terrorism probe — in the years leading up to his pardon by President Ronald Reagan on a campaign-contributions conviction.

The Associated Press and other

news organizations requested the FBI file under the Freedom of Information Act after Steinbrenner's death in July. The first release was made last December. The two releases combined totaled about 800 pages.

The documents, included in the second release of Steinbrenner's FBI file, also show that he blamed his illegal corporate campaign contribution to Nixon on bad legal advice. (AP)



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Tuesday, May 10, 7 p.m.

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Joseph Cornell, *Americana: Natural Philosophy (What Makes the Weather?)*, about 1959, masonite, paper, paint, colored pencil, graphite, and ink, Smithsonian American Art Museum, Gift of Robert Lehrman in honor of Lynda Roscoe Hartigan



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Guinea Pig | Ground Control

Outdoor yoga is such a lovely way to interact with nature — until you get bits of nature trapped inside your pants. The CGear Sand-Free Multimat (\$50-\$60, Amazon.com) promises that dirt and particles sink through it, so they won't stick to you. Without access to a sandy beach for testing, we settled for crumbs of food at the office. But it worked! The material's rough, though, so you'll want your regular mat on top.

DOG DAY AFTERNOON:

Last year's Yoga on the Mall event attracted thousands of participants.



Best Week Ever

DC Yoga Week (Dccy.org/dc-yoga-week) kicks off Sunday with Yoga on The Mall (free, Sylvan Stage, 1:30-4:30 p.m.), featuring classes for all levels. Throughout the week, you can take \$5 classes (and some free ones!) at 10 participating studios. As a finale, join a Sun Salutation Flash Mob on May 21 (free, John Marshall Park at Pennsylvania Avenue and 4th Street NW; 10-11 a.m.). Still not ready for savasana? Hold on until June 12-19 for Virginia Yoga Week (Vayogaweek.wordpress.com). v.h.

yoga in underserved areas and provide a clearing house for studios to share information about classes for charity and other events.

Expect the calendar to fill quickly, because Washington's studios have evolved into more than just facilities for classes. They're community centers. "I wanted to create a studio like the bar on 'Cheers.' I wanted to have a place where people could feel recognized and appreciated," says Kimberly Wilson, owner of Tranquil Space. She isn't the only one who's managed to pull that off. These days, students can show up to practice at almost any studio and feel like they're at home.

The whole city got a glimpse of just how close-knit D.C. yogis have become two months ago, when Lululemon employee Jayna Murray was brutally murdered in the Bethesda store. No one needed to know her to sign a card, bring flowers or join the candlelight vigil. "There was a lot of hugging going on," says Perlson-Mishalove. "It was a huge moment to pause and reflect."

It was a moment to be a community. VICKY HALLETT (EXPRESS)

Forming a Yoga Union

Washington's pose pros are happy to go to the mat for each other all year round

Events

To deal seekers, D.C. Yoga Week is a chance to score classes for \$5 (or for free). To the uninitiated, it's a push to try a practice that's known to promote strength, flexibility and wellbeing. But to Washington's yoga community, it's an opportunity to come together as a family.

"It's like a yoga holiday," says

Circle Yoga owner Annie Mahon, who co-founded D.C. Yoga Week six years ago. What they're celebrating is the rapid development of a yoga culture that didn't exist here a decade ago. That's been fueled not only by the ever-growing number of studios in the city, but also the way these places are run.

In New York, instructors often have to agree to teach only in one place, but you won't see that happening in D.C., says co-founder Debra Perlson-Mishalove. Although they're businesses, they'd rather collaborate than compete. "What yoga teaches us about abundance is

"I wanted to have a place where people could feel recognized and appreciated."

— KIMBERLY WILSON, OWNER OF TRANQUIL SPACE

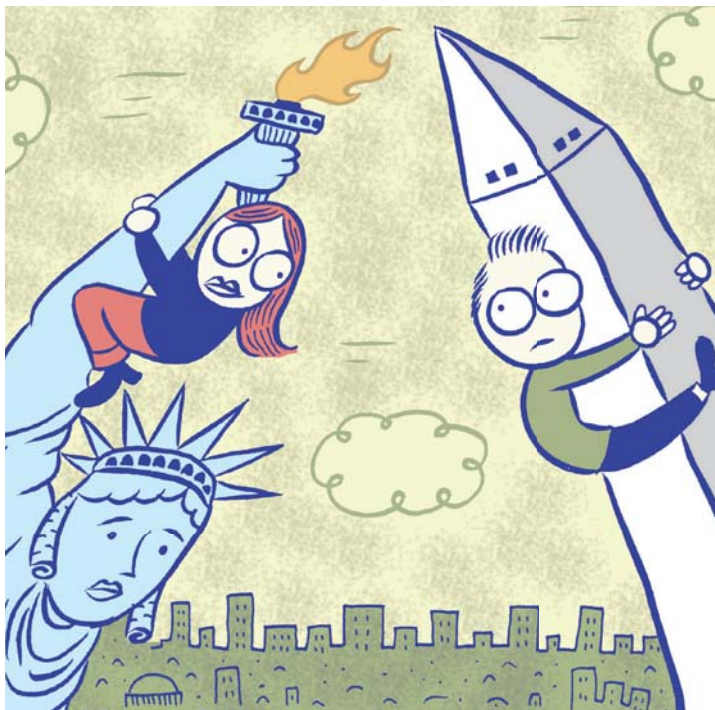
that there's enough for everybody," says Perlson-Mishalove, who owns Flow Yoga in Logan Circle.

There's also something for everybody, which is what convinced instructor Vanessa King to settle in D.C. "The studios were breaking the mold of what I was used to. Instead of one style, they were offering multiple styles and that was bringing in all kinds of

students," says King, whose main interest is in Acro-Yoga, which draws on several disciplines. (She'll be emceeing Yoga on The Mall this Sunday. See box for details.)

This year's Yoga Week also marks the launch of a new sponsor: DC Community Yoga (Dccy.org). The organization aims to promote volunteer opportunities, support the work of nonprofits offering

baggagecheck

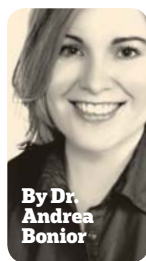


Staying Close At a Distance

Q My daughter is a good kid, and she's been accepted into her first-choice college, about a six-hour drive away. But she's had problems with depression and drugs. The last time things were really bad (she was hospitalized) was two years ago, but I still worry about her every day, and a large part of me doesn't want her going so far away. My husband says she's come so far, and it's time to show us that she can take the next independent step. But I think that we could regret this. **CONCERNED MOM**

I understand your anxiety, but this doesn't have to be black and white. Yes, college will be six hours away, but a foundation of support can be put into place to help her succeed, and you can remain close even when you're not geographically. Frequent contact, a good therapist and planning activities and social support can go a long way.

Encourage her beforehand to get connected to someone at the college — their counseling center would be a good start. Follow her lead, and provide support. Is it a risk? Absolutely. But urging her to stay in place out of fear is a risk as well — with no opportunity for growth.



By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (friendshipfix.com).

If You Can Make It There ...

Q My boyfriend and I moved to D.C. together from NYC nine months ago. My job is turning out to be a lot of grunt work, and honestly, I haven't taken to D.C. either. I've talked about us going back, but he's thriving in his job here and accused me of being selfish and impatient. We're fighting about this all the time, but I know that he's not enough to make me happy. I feel like I'm sacrificing too much. **STUCK**

Relationships infrequently have truly parallel motion. More often, you're either moving toward or away from each other. It sounds like your boyfriend would see your return to NYC as a metaphorical move away as well as a literal one.

So although it's healthy to realize that you need more than him to be happy, you must be honest with yourself — and him — about

how you see your future together. After all, you're not talking about the type of long-distance separation that comes with an expiration date. Perhaps one proposed condition could be your trying a little longer to make it work here: giving your resume to anyone who'll listen and trying to seek out aspects of what you miss in NYC. (Good luck with bialys, though — sorry!)

Event Horizon Branch Out

Sen. Richard Lugar teaches us on page 22 that running inaugural races — and then every race after that for 30 years — can lead to awards. So start your streak at the very first annual Metropolitan Branch Trail 5K race/walk this Saturday (\$25, Gometbranch.com). The out-and-back course starts and ends at S St. and 4th St. NE, and will be followed by a fitness fair featuring Zumba, tug-of-war, yoga and other activities.

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This Role Model's on a Roll

Faith Hunter knows exactly how to pose and position herself

Profile

If you're looking for Faith Hunter, try the closest newsstand. The 40-year-old Washingtonian is on the cover of Yoga Journal — for the second time in just over a year. “I’m crazy blessed,” says Hunter, a yoga instructor. But that’s not only because she’s accompanied in the June issue by a handful of the top yoginis in the country, including Seane Corn and Christy Turlington Burns. (And she’s slated to

speaking with them and other luminaries about their sisterhood of leadership at the Yoga Journal’s New York City Conference next Monday.) Her blessings extend to her new yoga studio, which opened last week, and wasn’t even in the works until a month ago. But a space in Adams Morgan fell into her lap, contractors got down to business immediately and the name just came to her: Embrace. “Coming from New York six years ago, I felt I was an outsider stepping in, but D.C. has embraced me,” she says. And she’s hoping the city’s residents embrace her class schedule, which features some distinctive offerings, including Boom Shiva, a



Faith Hunter's making a splash in D.C., and on the June cover of Yoga Journal.

high-energy flow with lots of inversions and arm balances, and Spiritually Fly, which incorporates mindfulness, meditation and chanting.



“That’s my baby,” Hunter says. She’s excited to take — rather than teach — Yoga Play, which is a 30-minute Vinyasa practice followed by time to tinker with whatever seems fun, whether that’s crane or handstand or partner poses. “Get your body warmed up and then work on what’s right for you,” she says.

Teacher training, Hunter’s specialty, starts up in July. One point of pride for her is that she attracts students of all ethnicities, which isn’t always easy in the yoga world. The reason she stands out on that Yoga Journal cover isn’t just that she’s ridiculously good looking. It’s that she’s African-American. “This expands the range of who will be willing to take a class,” she says, noting she got loads of feedback from other women of color after her May 2010 cover. If this success streak keeps up, she might just change the face of yoga. VICKY HALLETT (EXPRESS)

● **Embrace DC is at 1650 Columbia Rd. NW; 202-525-1083; Embracedc.com; opening specials are a 5-class pass for \$25, one-month unlimited for \$49 and one-year unlimited for \$499.**

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Join renowned yogini **Shiva Rea** and other fellow yogis at the Sylvan Theater stage, located at 15th Street & Independence Avenue, SW, for this inspiring DC community event!

photo by Carolina Franco

For more information and event updates visit
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Changing the Orders

To get diners eating better, restaurants need to sneak healthy ingredients into food

Dining

When Ris Lacoste crafted the latest menu at Ris (2275 L St. NW; Risdc.com), her West End eatery, she thought a lot about flaxseed. She loved how the wholesome ingredient tasted sprinkled atop her spinach salad, but she wasn't nearly as fond of the way it looked in a written description of the dish. "It's one of those things that connotes healthy living. I don't want to hide that. But it's not a seductive word to me," says Lacoste. "So I left it out."

She learned at her last gig at Rock Creek at Mazza, an innovative restaurant that listed calorie counts on the menu, that simply having good-for-you options doesn't mean anyone will order them. Despite positive reviews, it closed. (As did its sister restaurant in Bethesda.)

So you have to wonder what will become of Seasons 52 (11414 Rockville Pike; Seasons52.com), a restaurant chain from Orlando that opened its first area location in North Bethesda last month. It, too, has a focus on the numbers — among its selection of flatbreads, entrees and bite-sized desserts called "mini indulgences," you won't find anything with more than 475 calories.

But if you talk about these offerings with Clifford Pleau,



Diners ordering Ris' spinach salad know they're getting goat cheese, beets and sunflower seeds. But the flaxseed is a surprise.



"I feel it's my responsibility to feed people as well as I can."

— RIS LACOSTE, CHEF AT RIS

director of culinary development and executive chef, he's more likely to gush about their "seasonality" than their effects on your waistline. "It starts with the whole idea that we're after perfection in ingredients," he says. Why emphasize being "fresh" rather

than "light"? "People aren't ready for us to wave the healthy banner. When you choose between Mexican and healthy, Mexican is going to win every time," he explains.

That's why you won't see stars, asterisks or spa cuisine symbols next to the healthiest dishes at Seasons (2800 Pennsylvania Ave. NW; Fourseasons.com) in Georgetown. "I used to do that," says executive chef Doug Anderson. "But if I have something too in-your-face healthy, you won't want it." Every time he's specifically highlighted a dish's nutritional benefits, like he recently did with a superfood muffin, which boasted of including wheat germ and flax, he hasn't seen much interest.

Anderson's new policy is "understated health." His breakfast potatoes are roasted in olive oil

instead of butter. He favors locally sourced ingredients, even when they're not mentioned on the menu. And lower-cal fare, including his egg white Mediterranean omelet, tends to sell well without being marked as such.

At Ris, diners can expect a similar approach. "I feel it's my responsibility to feed people as well as I can," says Lacoste, who's determined to squeeze as many veggies as possible on each plate. She's certain that even if customers aren't actively seeking out healthy choices, when they dig into plates of chickpeas, pomegranate seeds and her other favorite nutrient-dense ingredients, they'll be satisfied.

"Creating delicious bites of heaven with good food is easy," she says. Diners just need to figure out how to order it. *V.H.*

Two of a Kind

Bottle Battle

The newest sensation in hydration: putting a filter in reusable water bottles. Both Brita and CamelBak have recently released eco-friendly, BPA-free options that promise to let you experience superior sipping. We put them to the test by filling up both with D.C. tap water.



BRITA BOTTLE (\$10)

It's much smaller than the pitcher in your fridge, but you know the drill: You've got to fill it up and empty it once to clear away the carbon bits. Then, tilt up and squeeze to take a drink that doesn't taste at all like chlorine. Just be careful not to spill — the lid is a tad leaky. And remember to replace your filter after 20 gallons (or 128 servings).



CAMELBAK GROOVE (\$25)

You'll earn your stripes by first performing a little assembly. Take the filter out of its packaging and rinse for 15 seconds before screwing everything together. The bottle's bite valve prevents drips but means you have to use your teeth to get any water out. Most annoying issue: The last few drops are impossible to slurp. But the filter lasts for 48 glorious gallons.



COURTESY SEASONS 52

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Review

Anyone considering running against Sen. John Thune should get a different team of advisers. The South Dakota Republican again creamed the competition last week at the 30th annual ACLI Capital Challenge (Capitalchallenge.com), a three-mile race that benefits the Special Olympics, and kept his title as the fastest member of Congress.

His secret for completing the dash in just 18:54? “I push it. I’m from the old school of no pain, no gain,” says Thune, who’s serious about that pain. The 50-year-old’s

“My goals are to finish, not get lost and not finish last.”

— REP. EARL BLUMENAUER, D-OR

had a bunch of hamstring and calf pulls, along with three knee surgeries. But he’s also used to running in wind and rain back home, which meant the gusty, soggy conditions for the race in East Potomac Park were just about ideal.

Although Rep. Jean Schmidt’s training schedule doesn’t allow any breaks for bad weather — she’s out there every single morning sometime between 4 a.m. and 5 a.m. for at least five miles — she says she wasn’t prepared. The 59-year-old Ohio Republican had just run a



Sen. Richard Lugar raises his arms in victory as he heads toward the finish.

marathon a few days before and, mentally, she wasn’t there, Schmidt says. But don’t feel too bad. Her time of 24:49 still made her the fastest woman in Congress.

It even beat Rep. Earl Blumenauer, but you won’t hear the Oregon Democrat complaining about his time of 28:11. “My goals are to finish, not get lost and not finish last,” says the 62-year-old, who still managed to be on the fastest House team, thanks to a competitive office that holds time trials to determine who gets to run. “But they’re stuck with me,” he jokes.

As for Sen. Richard Lugar, he was the last legislator to finish with a time of 44:40. But the 79-year-old Indiana Republican, who’s run every year since the race’s inception, got the best prize of all: The fastest team award is now named after him. If he plans to take it home, however, he’d better take Thune out. **V.H.**



The shirtless shot of 29-year-old Illinois Congressman Aaron Schock on the cover of the June issue of Men’s Health shows off his six-pack abs, sculpted by hours of exercising in the House gym. But you don’t get a good look at his legs, which are also apparently pretty powerful: He clocked a time of 20:12 in the Capital Challenge.



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
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Random Realities
Bristol Palin moves in with actor Kyle Massey for a new TV series **39**

Sound **Bets**



COURTESY METAL CHRIS

Deathfest Lives

When news broke Wednesday that Baltimore performance venue Sonar had suddenly closed, my first thought was, "What about Maryland Deathfest?" My second thought was, "I need to check Metal Chris' Twitter."

@MetalChris was immediately on the story, retweeting info to shocked fans, many of whom travel from afar to attend Deathfest — an annual Memorial Day-Weekend-long metal blowout.

Good news:

Sonar has reopened and the fest will still be there. But if events change, the pseudonymous Metal Chris, above, will have the details at his site, Dcheavymetal.com, an excellent resource on a genre that tends to get coverage by local music press only when it crosses over into the world of indie rock. Chris is a pure metal fan: From an Ozzy Osbourne stadium concert to a D.C. punk-house show with local band Ilsa, he's on it.

He recently put together a D.C.-metal playlist for local Radio CPR show Inverted Umlaut, offering a two-hour showcase of the strength and diversity of the area's heavy-music scene — something Dcheavymetal.com documents daily. (You can download the full podcast at Invertedum-laut.tumblr.com.)

@ Comments? Give Christopher your feedback: expressnightout.com/soundbets

Out of the Box

With major studios tightening budgets, Will Ferrell finds solace in more diverse roles

Personalities

Will Ferrell is trapped.

Dressed sharply in a gray suit, he's trailed by a team of publicists and makeup artists. But the parade stalls as soon as it reaches a narrow hotel hallway. Around the corner comes a call to hurry up, already.

"An orchid fell over and we were trapped for like half a second," says Ferrell, beaming at his excuse and immediately cracking up everyone within earshot.

Whether it's tumbling flowers or Hollywood studio recalcitrance, Ferrell has lately been outmaneuvering obstacles with eagerness and creativity.

Though the big comedies are still coming — last year's "The Other Guys" and the animated "Megamind," and the coming "Southern Rivals" with Zach Galifianakis — Ferrell has recently looked to increasingly diverse choices.

After starring on Broadway as President George W. Bush in 2009's "You're Welcome America," he has guest-starred on "The Office," shot a Spanish-language comedy, "Casa de Mi Padre," and is now releasing a dramatic independent film, "Everything Must Go."

The new direction was partly precipitated by studio decisions in early 2010, when budgets were tightened, release schedules slimmed, and seemingly surefire hits like a proposed "Anchorman" sequel were rebuffed.

"It was sort of like, if studio movies are going to get this tricky all of a sudden

to get all the pieces together, then great, I'll just go explore this whole other world where it's smaller budgets but possibly more creative freedom," Ferrell says.

In "Everything Must Go," which is loosely based on a Raymond Carver short story, Ferrell plays a character who loses his job and his wife on the same day. Locked out of his suburban house, he starts living on his front lawn and descending further into alcoholism.

Ferrell is aware of the strange hypersensitivity many have over comedians trying their skills in drama, acknowledging "that's the story line."

"It's not me trying to make a statement or anything like that," he says. "Any creative person is going to want to change and do something different. It's as simple as that for me."

Ferrell laments the erosion of the "middle class of moviemaking" — films with moderate budgets — and the increased reliance on financial considerations, like foreign sales and demographic predictions.

Adapting, though, has been rewarding.

"I don't mean to come off like I'm settling for something," he says. "It actually just opened my eyes."

JAKE COYLE (AP)

'The Go-To Guy'

During a recent appearance on "The Late Show," David Letterman called Will Ferrell "the go-to guy," sensibly omitting exactly what Ferrell is the go-to for. The answer would seem to be: Everything. He has always had incredible comedic range, with characters including the self-sure clueless (Ron Burgundy), swinging academics (professor Roger Klarvin), egotistical crooners (Robert Goulet), smiley innocents (Buddy the Elf), straight men (Alex Trebek) and unhinged lunatics (Chazz Reinhold in "Wedding Crashers"). (AP)



New Direction: D.C. concert staple the HFSival continues even as the radio station is off the airwaves and only online. After last year's '90s revival featuring Third Eye Blind, Everclear and Marcy Playground, this year's line-up shifts toward ... something else, with headliners the Avett Brothers (Seth Avett is pictured), Dr. Dog, Clutch, Flogging Molly and Gin Blossoms. It all goes down Sept. 17 at Merriweather Post Pavilion. (THE WASHINGTON POST)

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

expressnightout.com **lookout**

**top
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1 Keep Swimming

Surfer Blood got incredibly hyped off its single "Swim," but luckily the Florida rock band was talented enough to deliver more great songs. A lot of young bands are excessively hook-driven, but Surfer Blood (left, with frontman John Paul Pitts at center) seems to get that there's more to music than a catchy refrain. Try listening to "Swim" one hundred million times as you drive to the beach. **Rock and Roll Hotel, 1353 H St. NE; 8 p.m., sold out; 202-388-7625, Rockandrollhoteldc.com.**

2 Brothers In Arms

The GI Film Festival — GI as in soldiers, for those doctors out there making weird faces right now — is celebrating its fifth anniversary with a week of films honoring and examining the American Army experience. The featured movie this year is "Flag of my Father," an examination of the Stars and Stripes' significance in our lives. **Navy Memorial, 701 Pennsylvania Ave. NW; through May 15; Gifilmfestival.com.**

3 LoLwhat?

We're not sure what to do here. We love making fun of Mel Gibson, but when someone agrees to star in a film about a man who expresses his deep mental anguish by way of a beaver hand puppet he found in the garbage, it starts to seem like he may be truly disturbed and in need of help and thus not to be mocked. Yes, that's actually the plot of "The Beaver." We can't tell you the ending, but it will cement this film's place in bad movie history forever. **E Street Cinema, 555 11th St. NW; 202-452-7672, Thebeaver-movie.com. (Metro Center)**



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entertainment **lookout**

An Everlasting Cultural Impact

Stephen Marche riffs on Shakespeare's legacy with great wit

Book Review

Have you heard that Shakespeare was partly responsible for about 200 million starlings, whose nasty habits still plague sanitation workers across the Western Hemisphere?

A New York Shakespeare lover was bent on transplanting every bird species mentioned in the plays to America. He released 60 starlings in Central Park in 1900.

Then they began to breed.

You may not know, either, that scholars have counted 1,700 English words that Shakespeare introduced, coinages that are now such standbys as dawn, bandit and fashionable.

If these facts have escaped you, "How Shakespeare Changed Everything" will provide the details and keep you amused while it does. The book's jacket features a portrait of the poet with a starling perched just above his receding hairline. His eyes roll upward, as if wondering what the starling will do next.

"Unpredictability may be one of life's greatest gifts" is the ironic conclusion that author Stephen Marche draws from "Henry IV, Part One."



Stephen Marche is a university teacher, a novelist and an "Esquire" columnist.

That play contains his only mention of a starling.

Such oddities are not just candy coating for Marche's thoughts on Shakespeare. They also underpin bold statements like the opening sentence in his book: "William Shakespeare was the most influential person who ever lived."

Marche combines his analyses with witty and overwhelming admiration, while some of his ideas are described in 21st-century terms.

"Romeo and Juliet are beautiful not despite their absurdity but because of it," he writes. "God, we love to watch young people being destroyed. We crave it. That's why we have gossip magazines, so we can watch Lindsay Lohan and Britney Spears and the Olsen twins self-destruct." **CARL HARTMAN (AP)**

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*Tax Foundation analysis of Internal Revenue Service data (TY 2008) and Congressional Budget Office projection of federal outlays (March 2011)

TV tonight **lookout**

Best Bets

CBS
8:00

NCIS Disturbing evidence about the Port-to-Port Killer surfaces — specifically, evidence that he infiltrated NCIS. Gibbs and his colleagues are on high alert as they pursue every possible lead in the race to locate him.

CW
9:00

Helcats A performance by musical artist Ciara, pictured, highlights this new episode, which finds Lewis and Kathy entering a dance contest in hopes of winning a car for his dad. The competition heats up when Alice throws her hat — er, feet — in the ring.



FOX
9:31

Traffic Light Mike (David Denman) suggests to Ethan (Kris Marshall) and Adam (Nelson Franklin) that the three of them make their annual guys getaway a hunting trip, but they don't take him seriously.

NBC
10:00

The Voice "American Idol" has its group rounds; "The Voice" has its duets. The coaches pair up their singers in dueling duets, after which they'll decide who will be moving on to the live shows. (TRIBUNE MEDIA)



PBS

History Lesson

INDEPENDENT LENS:
BHUTTO

PBS
10:00

Few documentaries come as timely as "Bhutto." Following last week's raid on the bin Laden compound, this profile of Benazir Bhutto, Pakistan's first female leader, offers a clear history of extremism in Pakistan and of the nation's struggle to balance democracy and religion. (UNITED FEATURE SYNDICATE)

Cameos



Together Again

"My Name Is Earl" stars Ethan Suplee and Jaime Pressly, pictured, are reunited on "Raising Hope" (9 p.m., Fox). They play the Chances' neighbors, whose arguments are picked up by Hope's baby monitor. Burt and Virginia overhear and attempt to help the couple resolve their differences. (TM)

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Poll Center

Today's Question

CAN NEWT GINGRICH WIN THE GOP PRESIDENTIAL NOMINATION?

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Monday's Results

DO YOU THINK THE U.S. IS SAFER NOW THAT OSAMA BIN LADEN IS DECEASED?



“Because bin Laden is dead? Perhaps not. Because of the thoughtful and calculating manner in which the strategy was set and the plan was executed? Yes. It sends a powerful message that the U.S. finally has a competent and decisive leader.”

COMMENTER GARRETT IRBY

“After chasing him around for almost 10 years, I don’t think that Osama bin Laden had the leadership control that he once had.”

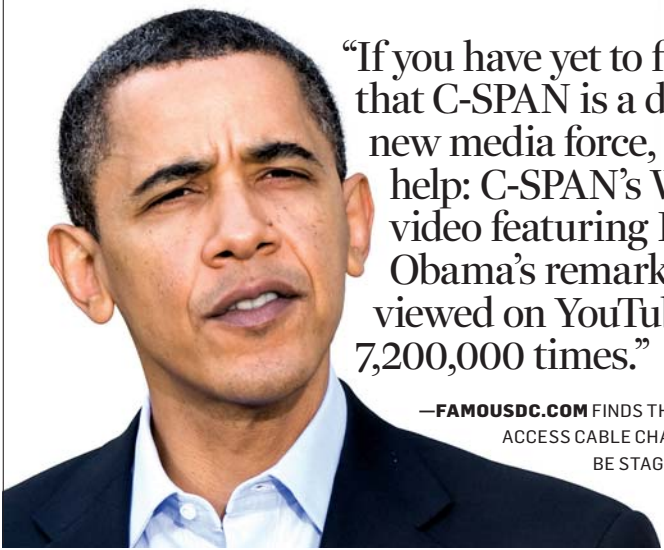
COMMENTER ACROSSTHERIVER

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM



“It is obviously not only an offensive treatment of women but a fundamental violation of journalistic principles — neither concern is likely, however, to move the writers of this Orthodox daily.”

—JONATHANTURLEY.ORG REACTS TO NEWS THAT A HASIDIC JEWISH NEWSPAPER, DER TZITUNG, PHOTOSHOPPED U.S. SECRETARY OF STATE HILLARY CLINTON AND COUNTERTERRORISM DIRECTOR AUDREY TOMASON OUT OF A RECENT WHITE HOUSE PRESS PHOTO FROM THE SITUATION ROOM, CITING CLINTON’S POSE AS ‘SEXUALLY SUGGESTIVE.’



“If you have yet to figure out that C-SPAN is a dominant new media force, this should help: C-SPAN’s WHCD video featuring President Obama’s remarks has been viewed on YouTube over 7,200,000 times.”

—FAMOUSDC.COM FINDS THE GOVERNMENT-ACCESS CABLE CHANNEL’S INFLUENCE TO BE STAGGERING.



“Back in 2009 when New Line released the fourth ‘Final Destination’ film and called it simply ‘The Final Destination,’ the implication was that it would be the last one. ... Hey, I’m just glad they didn’t stick with the working title of ‘5nal Destination.’”

—FILMJUNK.COM ISN’T SURPRISED THAT ‘FINAL DESTINATION 5’ IS DUE FOR THEATERS IN AUGUST AFTER THE LAST OF THE HORROR FILM FRANCHISE MADE \$187 MILLION WORLDWIDE.



“The truly great, special athletes always make it seem like what they’re doing is remarkably easy for them. In the case of Manny Pacquiao, that includes what he does after winning fights.”

—NESN.COM WAS IMPRESSED BY PACQUIAO’S RENDITION OF ‘LA BAMBA’ THAT HE SANG AT THE MANDALAY BAY AFTER HIS FIGHT WITH SHANE MOSELY FRIDAY IN LAS VEGAS.



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puzzles lookout

Horoscope

TAURUS (April 20-May 20) Take care that you don't allow a knee-jerk reaction to dictate your behavior before you really know what's going on.

GEMINI (May 21-June 20) Fortune may seem to be playing tricks on you these days, but right now there is something positive underlying much that you are doing.

CANCER (June 21-July 22) You're likely to receive news that has you questioning a recent decision. A little humor goes a long way in such situations.

LEO (July 23-Aug. 22) You will be wondering just how your plans fit in, but trust that you've been faithful to your own aspirations at every turn.

VIRGO (Aug. 23-Sept. 22) The prospects are bright, but you're not likely to get what you want without making a certain sacrifice first. Weigh the pros and cons with care.

LIBRA (Sept. 23-Oct. 22) You're likely to stumble into an opportunity that can actually bring many positive changes into your life in the days and weeks to come.

SCORPIO (Oct. 23-Nov. 21) It's that time again — be willing to step forward and announce yourself in some way if you don't want to be overlooked.

SAGITTARIUS (Nov. 22-Dec. 21) What is it exactly that keeps you working along the same difficult course with little reward? The answer lies in your heart.

CAPRICORN (Dec. 22-Jan. 19) Someone who figured prominently in the past may try to contact you, but not necessarily for the right reasons.

AQUARIUS (Jan. 20-Feb. 18) Keep some levity in your business affairs and you may find that you're able to get your way more than expected.

PISCES (Feb. 19-March 20) A collaboration is paying off handsomely, and you'll begin to reap some specific rewards. Your work will win you praise.

ARIES (March 21-April 19) A partner or co-worker agrees with your recent change of heart, so you can proceed along a new course with confidence.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 213

O ₁	U ₁	M ₃	R ₁	T ₁	R ₁	S ₁

--

RACK 1

E ₁	I ₁	H ₄	K ₅	R ₁	S ₁	

2nd Letter Double

--

RACK 2

E ₁	O ₁	N ₁	L ₁	S ₁	T ₁	V ₄

Triple Word Score

--

RACK 3

I ₁	I ₁	O ₁	N ₁	S ₁	L ₁	R ₁

--

RACK 4

Yesterday's Solution

U ₁	P ₃	R ₁	I ₁	G ₂	H ₄	T ₁
X ₈	Y ₄	L ₁	I ₁	T ₁	O ₁	L ₁
S ₁	P ₃	I ₁	N ₁	O ₁	F ₄	F ₄
P ₃	I ₁	G ₂	L ₁	E ₁	T ₁	

PAR SCORE 150-160

RACK 1 = 63
RACK 2 = 101
RACK 3 = 68
RACK 4 = 9
TOTAL 241

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

						9	1		
					7	8	3		4
		1						9	5
1							8		
	9			8		7		3	
		7							6
4	3						2		
6		5	9	2					
		2	6						

Yesterday's Solution

8	6	2	9	3	4	1	5	7
7	5	9	2	6	1	8	4	3
1	3	4	7	8	5	2	6	9
5	1	3	6	9	2	7	8	4
2	4	7	1	5	8	3	9	6
9	8	6	3	4	7	5	1	2
6	9	8	5	2	3	4	7	1
3	7	5	4	1	6	9	2	8
4	2	1	8	7	9	6	3	5

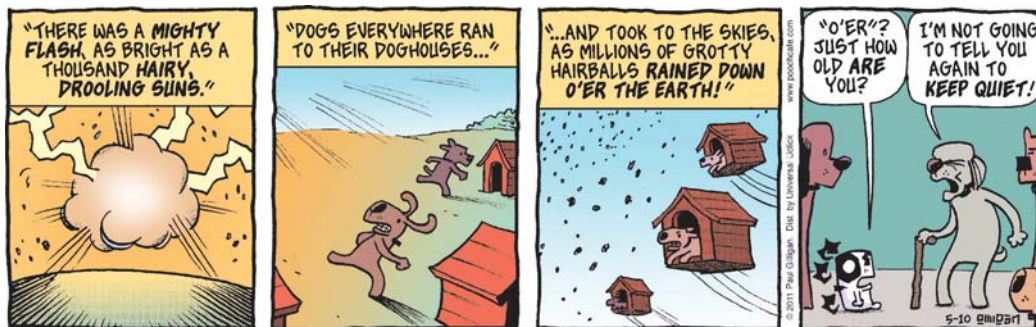
Need more Sudolku?
Find another puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



76 | 55

Today: Mostly sunny and nice today. Clear tonight.



77 | 56

Tomorrow: Mostly sunny tomorrow. Patchy clouds tomorrow night.

Looking Ahead



THU

73 | 58



FRI

75 | 59



SAT

73 | 58

Sun and Moon

Sunrise today: 6:01 a.m.
Sunset today: 8:09 p.m.
Moonrise today: 12:33 p.m.
Moonset today: 1:33 a.m.

Almanac

Normal high: 73
Record high: 96
Normal low: 54
Record low: 34

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Crossword

THE JOLT'S ON YOU

ACROSS

- 1 ____ nutshell (succinctly)
- 4 The Jackson 5 hairdos
- 9 "____ makes waste"
- 14 Presidential election mo.
- 15 Was a boulder?
- 16 Top berth
- 17 Stereotypical hiding place
- 19 They're heavier than foils
- 20 Making a patsy of
- 21 Word of dismay
- 23 Period beginning Ash Wednesday
- 24 Given a makeover
- 26 Water-loving nymph
- 28 Indisputably true
- 32 "I ____ Rock" (Simon & Garfunkel song)
- 35 "For He's a Jolly Good Fellow" word
- 36 Customary
- 38 Uttered
- 40 Negotiation results
- 43 Thompson of "Nanny McPhee"
- 44 IHOP condiment
- 46 Easter flower
- 48 Church perch
- 49 Gaudy display
- 53 Competitive kind of person
- 54 One furrowing the soil
- 58 Spongy-ball brand
- 60 Late humorist Bombeck
- 63 Destiny or fate
- 64 "Bird on ____" (Mel Gibson/Goldie Hawn film)
- 66 Receive stunning news
- 68 Jabbed in the ribs, e.g.
- 69 Patsy's "Absolutely Fabulous" sidekick
- 70 ____ time (golf-course slot)
- 71 Type of trapshooting
- 72 Vodka go-with
- 73 Bard's "always"

DOWN

- 1 Rack up, as debt
- 2 Threat for a Wild West

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18						19				
20						21			22		23			
24					25			26		27				
				28		29	30					31		
32	33	34		35						36				37
38			39		40			41	42		43			
44				45			46			47		48		
	49				50	51				52				
		53							54		55	56	57	
58	59				60		61	62		63				
64				65		66			67					
68						69					70			
71						72					73			

EDITED BY TIMOTHY E. PARKER

- outlaw
- 3 Steer clear of
- 4 Trued a car's wheels
- 5 Charge
- 6 Punjabi prince
- 7 Stone for many Libras
- 8 Maroon
- 9 Shade of color
- 10 Sound of audience approval
- 11 Traffic slower
- 12 Adolescent
- 13 Attachment to "while"
- 18 Drawer pull
- 22 Down in the dumps
- 25 Spotted
- 27 Written debt acknowledgment
- 29 ____ of a kind
- 30 White-striped antelope
- 31 Like a "broken" horse
- 32 Long-eared equine
- 33 Lunch spread, often
- 34 Bombing attack
- 37 Barrister's bailiwick
- 39 Like some airport purchases
- 41 Like burning candles
- 42 Lose one's footing
- 45 Type of high-school rally
- 47 Embryonic attachment
- 50 Wedding page word
- 51 Walmart competitor
- 52 Ark builder
- 55 Practiced penmanship
- 56 Roast host
- 57 One with a yard stick?
- 58 Takes a siesta
- 59 Fuzzy "Star Wars"

- creature
- 61 "Love ____" (Beatles tune)
- 62 Has ____ ear (is tone-deaf)
- 65 Time-change abbr.
- 67 Young Skywalker's nickname

Yesterday's Solution



Today in History

1865

Union forces capture Confederate President Jefferson Davis in Irwinville, Ga.

1924

J. Edgar Hoover is given the job of FBI director.

1940

German forces invade the Netherlands, Luxembourg, Belgium and France. Also, British Prime Minister Neville Chamberlain resigns, and Winston Churchill forms a new government.

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CAC

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SOMETHING'S ... DIFFERENT

'Could You Maybe Act a Bit More ... Heavily Medicated?'

Simon Cowell and Paula Abdul are together again. Fox announced Sunday that Abdul would be a judge on "The X-Factor," which taped its first panel Sunday. Fox and the show's producers sought maximum drama by keeping Abdul's status under wraps until she appeared for the taping. Abdul left "American Idol" in 2009, after eight seasons, in a contract dispute. (AP)

THE MASQUERADE

Look at That Blob of Stone Society Deems Valuable!



Paul McCartney is engaged to his soon-to-be third wife, and she has a \$650,000 rock on her hand to prove it, Life & Style reported. McCartney proposed to

Nancy Shevell, a businesswoman he's been dating since 2007, in April. The ring was first spotted this past Friday. "Nancy's ring is huge! You can tell she was excited to finally be showing it off," said an unnamed source. (EXPRESS)



ANDY KROPA/GETTY IMAGES

As an infant, Kristol was separated from her birth siblings during an Alaskan camping trip. She was then raised by wolves.

WE DUB THEE ...

Kristol Kardashian Gets a Show

The Bio Channel is giving Bristol Palin a reality series. The show will follow Palin's move from Alaska to Los Angeles with her son, Tripp, to work at a charity. She'll live with actor brothers Kyle and Christopher Massey. Kyle Massey is a fellow "Dancing With the Stars" alumnus. The as-yet-untitled, 10-episode series is slated for late 2011. (AP)



Victims

'Oh, an Anklet! Can I Keep It?'

Lindsay Lohan's attorney will plead no contest to misdemeanor theft on her client's behalf tomorrow, TMZ.com reported. According to the gossip site, Lohan will likely be sentenced to serve her time at home, wearing an ankle monitor. (EXPRESS)



PICK UP SOME MILK, TOO?

'Oh Gosh, I'm All Out of Rehab Again. Better Go Get Some More!'

Whitney Houston is back in rehab. A rep for the singer confirmed Monday that Houston has entered an out-patient program for drug and alcohol treatment. The rep says this is simply a part of Houston's "long-standing" recovery process. Houston declared herself sober in 2009. (AP)



"It's kinda lame when someone you met briefly and never worked with comments on you."

— JUSTIN BIEBER RESPONDS, VIA TWITTER, TO MARG HELGENBERGER'S ALLEGATIONS THAT HE "WAS KIND OF A BRAT" ON THE "CSI" SET.

express



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nine simple numbers

you learned by age 3

play **su | do | ku**

express
A Publication of the *The Washington Post*



May 15th

A unique opportunity

Come & Receive a bottle of Blessed Oil from the Holy Land:

A generous amount of oil from the **Holy Land** will be given **FREE OF CHARGE**, in a beautiful cross-shaped bottle, like the one shown above, to everyone attending this event on **May 15th** at the Universal Church (at the locations below).

- Limited amount available;
- Bottles cannot be mailed;
- Strictly ONE bottle per person.
- Seating is on a first come, first served basis

Call one of the numbers below or send an email to uckgdc@live.com to reserve your bottle.

For thousands of years,
olive oil has been used for anointing... as an act of faith. Anointing with oil is like turning on a signal flare to the heavens. It's a sign to God that you require special attention in a time of need.



"You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over." *Psalms 23*

The Power of Anointing With Oil:



Ofelia & Emily Rubio

When my daughter Emily was 7 years old she was diagnosed with bone cancer. Doctors in one of the US' best children's hospital said **she was beyond hope** of chemotherapy or radiotherapy and

that she had only **one more year to live**. Their best advice was for us to enjoy our daughter to the fullest while she was alive.

I watched the Universal Church TV program one night and decided to attend with my daughter. I received some Holy Oil and the pastors taught me how to use it in faith to anoint my daughter, which I'd do everyday. After that, the pains began to gradually disappear. New tests were done and to the doctor's surprise, there was no trace of the cancer anymore. Today Emily is 10 years old, she is growing without any pains, **thanks to the power of faith**.

USES FOR THE HOLY OIL:

Healing, Overcoming an addiction, Anointing the sick, Fasting & Prayer, Blessing your marriage, Prospering your business, Clearing your debts, Uniting your family

This is a one-day event, no oil will be distributed before or after May 15th. Each bottle contains a fraction of an ounce of Holy Oil.



www.universal.org

The Universal Church:

Washington DC: 217 16th St. NE (Near the DC Armory) • **Ph:** (202) 239-7752 • **Email:** uckgdc@live.com

Silver Spring MD: 11120 Lockwood Dr. (Near White Oak Mall) • **Ph:** 1-800-346-8110

* in Silver Spring, only one meeting at 11:30am

Atención: esta distribución del Aceite Santo en el Domingo, 15 de Mayo, también ocurrirá en español a las 9:30am en las siguientes direcciones: **Silver Spring, MD:** 11120 Lockwood Dr (cerca del White Oak Mall); **Alexandria, VA:** 1536 Kenwood Ave (entre la King St y la Quaker In); **Washington, DC:** 217 16th NE (cerca del DC Armory); **Richmond, VA:** 6947 Hull Street Rd, 2^o Piso (cerca de 'La Milpa')

FREE
OF CHARGE!